

## CLAIMS

1. Head restraint (1) for use in motor vehicles and comprising a support (5) for supporting the head restraint and fixing the head restraint to the backrest of a vehicle seat, the support (5) comprising a carrier (12) and at least one support leg (14, 15) coupled to the carrier (12), together with an adjusting arrangement (6) for adjusting the position of the head restraint in relation to an occupant of the motor vehicle, and the carrier (12) being enclosed by a casing (2), which is rotatably connected to the support (5) along an axis of rotation (18) running essentially at right angles to the support leg (14, 15), characterized in that the adjusting arrangement (6) comprises a locking plate (22), and an operating element (7) acting upon the locking plate (22) and designed to carry the locking plate (22) in a direction essentially parallel to the axis of rotation (18), the locking plate (22) having one locking tongue (28) designed to interact with an adjusting arm (19) firmly connected to the casing (2) and having locking elements (21) defining at least two separate locking positions on the adjusting arm (19), and one locking tongue (26, 27) designed to interact with locking elements (20) arranged on the support leg (14, 15), defining at least two separate locking positions on the support leg (14, 15), in which the locking plate (22) can be moved by the action of the operating elements between an inner limit position, which is a first operating position, an outer limit position, which is a locking position for the locking plate, and a second operating position situated between these two positions, the first operating position permitting adjustment of the height of the head restraint and the second operating position permitting adjustment of the angling of the head restraint, so that the angling of the head restraint can be adjusted without the locking plate having to pass the height operating position.

2. Head restraint according to claim 1, characterized in that the support comprises two support legs (14, 15), the support legs (14, 15) having locking elements (20) defining at least two separate locking positions on each support leg (14, 15), and that the locking plate (22) has two locking tongues (26, 27), which are each designed to interact with the locking elements (20) on a corresponding support leg (14, 15).
3. Head restraint according to claim 1 or 2, characterized in that the locking positions on the adjusting arm (19) are defined by notches (21) in the adjusting arm (19).
4. Head restraint according to claim 1, 2 or 3, characterized in that the locking positions on the support leg or the support legs (14, 15) are defined by notches (20) in the support leg or the support legs (14, 15).
5. Head restraint according to any one of the preceding claims, characterized in that the adjusting arm (19) is curved.
6. Head restraint according to claim 5, characterized in that the adjusting arm (19) runs in a curved channel (30) in the carrier (12).
7. Head restraint according to any one of the preceding claims, characterized in that the carrier (12) is formed from rigid plastic.
8. Head restraint according to any one of the preceding claims, characterized in that the support leg or the support legs (14, 15) is/are composed of metal.

9. Head restraint according to any one of the preceding claims, characterized in that the casing (2) is formed from rigid plastic and is arranged at least over a front section of the head restraint.
- 5 10. Head restraint according to any one of the preceding claims, characterized in that the operating element comprises a pushbutton control (7), which is designed to act upon the locking plate (22) and to displace the locking plate (22) for operation of the adjusting arrangement (6).
- 10 11. Head restraint according to any one of the preceding claims, characterized in that the adjusting arrangement (6) comprises means for returning the locking plate (22) to a neutral position in which the height and angling of the head restraint cannot be adjusted.
- 15 12. Head restraint according to claim 11, characterized in that the means for returning the locking plate (22) to the neutral position comprise a spring.
- 20 13. Head restraint according to claim 11, characterized in that the spring is a leaf spring (24).